

Journey Line of Self-Advocacy

Using Your Voice and Choice as a Youth

Think about the times in your life up until your mid-20s that you advocated for yourself.
What was important about those experiences?

Chart those experiences (3-4) as medium important or very important. Use the appreciative listening protocol to tell someone a story about one of the self-advocacy experiences. In your conversation, the last step of the appreciative listening protocol, discuss the common themes you have in your stories.

